

# community connections

*with Utah's Deaf and Hard of Hearing*

News, classes and events • Fall 2023



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To view all upcoming classes and events happening at DSDHH,  
please visit our online calendar at:

[Event Calendar \(utah.gov\)](https://www.utah.gov)



**LET OUR  
LIVES BE  
FULL OF  
THANKS  
AND  
GIVING.**

# Continuing Education & Outreach (CEO): News Flash



## STAFF:

Ron Nelson, Technology Specialist

Marybeth Baierl, Continuing Education Specialist

Adam Shewell, Continuing Education Specialist

Amanda Brooks, Office Specialist/Continuing Education Specialist  
(South Center)

Pamela Mower, Manager

**We are delighted to share that the number of community members attending our classes, activities and events has grown steadily.**

We are thrilled about this positive trend. Additionally, we are excited to witness the continuous growth of our youth program, led by Adam Shewell with the valuable support of MaryBeth. We have a partnership with USDB for their after school program activities. Once a month, JMS would bring their kids to Sanderson Center and we do various activities with them. We will start doing the same with KBS in Ogden and EDS in Provo starting in September. We also will provide some activities for youth on Saturdays once a month.

As our community flourishes, we always welcome more helping hands. We are actively seeking volunteers to contribute to our activities and events. We urge all of you, our beloved community members, to come forward and volunteer. Are you interested in getting involved? Click this [LINK](#) to fill out an application.

**Now, let's take a moment to celebrate some of the highlights from the past few months.**

**Surprise Spring Egg Hunt** - 242 individuals attended and had a lot of fun with the egg hunt, getting balloon animals from a balloon artist, did face painting, bounced around in the bounce house and met our signing bunny. We had delicious cookies which was donated by Chip Cookies company.

**Youth after-school activities** in partnership with USDB on a monthly basis.



## Continuing Education & Outreach (CEO) News Flash - *continued*

**Youth events** (monthly): A few activities we have done so far: visited Tracy Aviary, rock climbing, mini golf and disc golf. The kids had a lot of fun!



**Basic Auto Maintenance** with Trenton Marsh as the teacher – both in person and virtual — this was a big hit!

<https://www.facebook.com/UtahDeafHHServices/videos/1324652045069380>



<https://www.facebook.com/UtahDeafHHServices/videos/1311838052874871>

**Pickleball** – weekly on Fridays in the evening

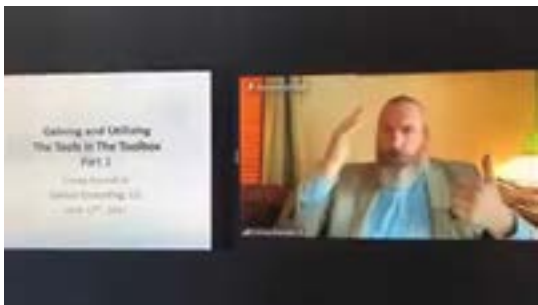


**Volleyball** – weekly on Saturdays in the evening



**Utilizing the Tools in the Toolbox part 1** with Lindsay Darnall via Zoom. Part 2 will be continued in November.

**Pinner Series with crafts: DIY Wood Sign**



<https://www.facebook.com/UtahDeafHHServices/videos/252251087387567>

<https://www.facebook.com/UtahDeafHHServices/videos/180283468022841>



## Continuing Education & Outreach (CEO) News Flash - *continued*

### Summer Day Camp 2023



### Seniors Field Trips – Dinosaur Park and Tracy Aviary



**Wags & Paws** – walking time with your dog(s) with other dog lovers once a month at various dog parks in SLC, Provo and Ogden



<https://www.facebook.com/UtahDeafHHServices/videos/898707614556947>

### ASL Trekking – Ensign Peak Trailhead



<https://www.facebook.com/UtahDeafHHServices/videos/794160759119192>

### Dessert Socials at various locations





## Upcoming Events

**ASL Trekking:** (monthly until October)

- Doughnut Falls – September 30

**Learn ASL – for Deaf and Hard of Hearing individuals from other countries:** weekly

**Pickleball:** Friday evenings

**Volleyball:** Saturday evenings September 9 to December 16 (except for September 16, October 7, 14, 21, November 4 and December 2)

**Wags & Paws:** (monthly until the end of October) — walking time with your dog(s) with other dog lovers

**Seniors Field Trips:** monthly in various locations

**Circle of Friends activities:** monthly

**Youth Activities:** monthly

**Dessert Social:** Twisted Sugar – September 8

**Fishing:** September 9

**Nail String Art:** Three different locations – Ogden, September 21, Provo, September 7 and Sanderson Center, September 28

**D.E.A.F. Festival:** Week with workshops, activities, etc. – (Diversity Equals Artistic Festival) to celebrate Deaf Awareness Month: September 12-16

- **Edmund Booth, a Deaf Leader: The Historical Perspective:** September 12
- **Therapy 101:** Know your rights with Paul Silvasi and Morgane Vincent: September 13
- **Deaf Success Stories Panel (Virtual):** September 14
- **Deaf Art Show:** September 15
- **D.E.A.F festival with vendors and entertainment:** September 16
- **Youth: D.E.A.F Festival activities:** September 15 and 16 at Sanderson Center
- **Movie Night: No Ordinary Hero with Super Deafy:** Saturday, September 16 at 7 pm in the gym at Sanderson Center

**Harvest Family Night:** October 20

**Holiday Bazaar:** November 3-4

**Thanksgiving Gathering:** November 23

**Holiday Bash:** December 15

## REMEMBER:

- To **register** for various classes, events, etc., please go to <https://jobs.utah.gov/usor/dhh/events/northern.html>
- **Subscribe** to our email blasts so you won't miss out on any of our upcoming classes, events or camps at [jobs.utah.gov/usor/dhh/index.html](https://jobs.utah.gov/usor/dhh/index.html)
- Please **follow** us on various social media platforms so you won't miss out on any news:
  - Facebook** - <https://www.facebook.com/UtahDeafHHServices>
  - YouTube** - <https://www.youtube.com/channel/UCk9rCudR4tdYkpVdNltTL8A>
  - Instagram** - <https://www.instagram.com/utahdsdhh/>
  - Twitter** - [https://twitter.com/UtahDeafHH\\_News](https://twitter.com/UtahDeafHH_News)
  - Website** - <https://jobs.utah.gov/usor/dhh/>

Sincerely,

Pamela Mower, *CEO Manager*

## CLASSES AND EVENTS

If you need additional ADA accommodations, please let us know when you register.

Class sizes are limited; priority is given to individuals who are Deaf, Deafblind or Hard of Hearing. Individuals who are hearing are welcome if space is available.

A computer with a webcam, or a tablet, is needed for participation in virtual events.

Links to participate in virtual events will be sent to you after you register.

All classes are **FREE!**

## South Center Updates

Here in southern Utah, we are kicking up the dirt with breathtaking adventures. Continue reading to see what has happened with us in the last few months, and look for our upcoming events.



### Egg Hunt

In April, we had over 300 eggs hidden throughout the Sienna Hills Park in Washington, Utah. Kids came with the baskets and scooped them up quickly. Three golden eggs were found with a surprise frisbee.



### Paint Night

We invited community members to come paint together. We have so many talented artists amongst us and it was fun!



### Best Friends Animal Sanctuary

In May we went on a field trip to Kanab, Utah. We attended a private tour of Best Friends Animal Sanctuary where we visited the pigs, dogs and cats. Later in the afternoon we attended a horse demonstration where they taught us how they rehabilitate the horses.

### Rock Climbing

Contact Gym, St. George

We challenged the possibilities with a rock-climbing event. Many of our community members came to test the limits. All of which reached the top of the rock wall including one of our brave seniors.



## South Center Events - *continued*



### **Senior Social:** Second and fourth Thursday every month

Each month our senior social club comes to enjoy a few hours together discussing events, celebrating birthdays or playing games and these folks have a good time. In June we took a few silly photos because they are not meeting during the summer months. In the fall they will start meeting two times a month. The second Thursday will be for meetings, discussions and educational topics. The fourth Thursday will be focused on social and playing games.



### **Building Club:** June 6 to August 8

Get out of the heat and let your kids play at our weekly building club. Every Tuesday from 2-3 p.m. we have an open house where kids can come build with Legos, Magna-Tiles, building blocks and more.

### **Introduction to Pickleball:** August 3

Tiffany Harding and her brother Russ Larsen taught us how to play Pickleball and got additional tips and techniques to try next time we are on the court. It was fun.

### **Pour Paint Night:** August 18

Madeline Snow showed us a new and creative way of painting by doing “Pour paint” on canvases. It was fun and we learned a lot!

## Upcoming Events

### **Ice Cream Social:** September 8 and October 13

Each month we meet on the second Friday at **Iceberg Drive Inn** from 6-8 p.m. Address is: 222 E., St. George, UT. This is a fun event for all ASL skill levels.

## Upcoming Events - *continued*

### Tuacahn Amphitheatre

Discounted tickets are offered to our deaf and hard of hearing community that will be using the ASL interpreter. Tickets are \$10 per person. Limit of two per person. Register online and we will send a one-time use coupon code to order your tickets online.

**Performance September 25: Hunchback of Notre Dame**

**Dingo: September 9, October 14, November 4 and December 2.**

Register and come play this with us!

**D.E.A.F. Festival Week with workshops, activities, etc.** - (Diversity Equals Artistic Festival to celebrate Deaf Awareness Month)

What's that ASL sign? **Tuesday, September 26** from 4:30-5:30 p.m. at South Center.

**Register now to secure your spot.** Taught by Joyanne Burdett. Summary: Designed for ASL teachers, interpreters, students and the Deaf/Hard of Hearing community, this workshop explores regional variations in ASL signs. Discovering these is crucial for effective interpretation and signing.

**ASL Game Night** (formerly known as Bowling Night)

**Last Friday of the month** from 6-8 p.m. at Fiesta Fun Center- 171 E. 1160 S. St. George, UT.

#### STAFF:

Amanda Brooks, Office Specialist/Events Specialist

Melissa Dodge, Case Manager/Supervisor

Michelle Pequignot, Hard of Hearing Specialist

# Facility Management and Operations (FMO)

<https://www.youtube.com/watch?v=C6wsjLlhFI>

**We are excited to announce that we are trying something new!** We are extending our hours in the evenings and Saturdays for room reservations by community members. This will be a trial run/pilot for three months. Why are we doing this pilot? We want to see if community members will use our center more often in the evenings and on Saturdays. If there is enough demand during this time period, then the temporary time change will become a permanent change.

For the next few months, the Sanderson Center hours will be as following:

**Mondays - 8 a.m. to 5 p.m.**

**Tuesdays through Fridays - 8 a.m. to 9 p.m.**

**Saturdays - by reservation**

**Sundays - closed**

If you want to come to our center on a Saturday and need to know if our center will be open and at what hours, you can find out through the following options.

1. Call us at 801-657-5200.
2. Check our Facebook page on Fridays/Saturdays to see our post about that week's Saturday hours.
3. Go to our website.

If you have an activity or party that you'd like to have at the Sanderson Center, you can go ahead and book room(s) for the date you'd like. **Remember, reserving a room must be done at least a week in advance before your activity or event.** Just go to our website and click on "Reserve a Room" then fill out the form.

Make your reservations now! Remember, if more people reserve rooms in our center in the evenings and/or on Saturdays, then our pilot will be a success and we can make this permanent.

Slate with text shown only:

Is the Sanderson Center open this weekend?

1. Call us at 801-657-5200
2. Check DSDHH Facebook page
3. Visit DSDHH website at [jobs.utah.gov/usor/dhh](https://jobs.utah.gov/usor/dhh)

STAFF:

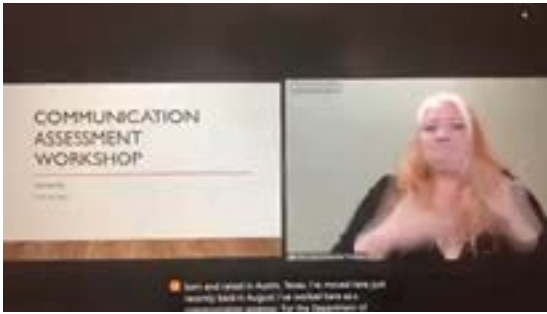
Julio Enriquez, General Maintenance

Shari Brown, Office Specialist

Melanie Sperry, FMO Supervisor

# Community Advocacy Services (CAS)

**Workshop by our Communication Assessor, Jasi Sefcik.** Watch the short video below to learn more.



<https://www.facebook.com/UtahDeafHHServices/videos/3090810337892107>

**Here's another workshop** about immigration rules, etc. in partnership with Catholic Community Services.

Watch this short clip below.



<https://www.facebook.com/UtahDeafHHServices/videos/213468181481911>

## STAFF:

Chad Bonny, Employment Specialist  
Courtnei Hurd, Case Manager  
Jasi Sefnik, Communication Assessor

Laurie Monell, Case Manager  
Melissa Dodge, Supervisor/Case Manager  
(South)  
Annette Stewart, CAS Manager



# Hard of Hearing Corner

## Signs of Listening Fatigue

Listening fatigue is a common challenge for individuals with hearing loss, leaving them feeling exhausted and burnt out after socializing or participating in conversations.

Symptoms may include headaches, stress and loss of motivation, ultimately leading to avoidance of social situations. To combat listening fatigue, it's important to take breaks, get fresh air and not put pressure on yourself to catch every word. Hearing aids can also help make a significant difference in fighting off listening fatigue.



Credit: Lakeshore Audiology

<https://lakeshoreaudiology.com/>

STAFF:

Kelly Boehmer, Hard of Hearing Specialist

Michelle Pequignot, Hard of Hearing Specialist (South)

# Utah Interpreter Program (UIP) Bulletin



*Karen Rama*



*Jason Mauray*

The Utah Interpreter Program continues to innovate and improve our service to interpreters. **Recently, our two certification specialists, Karen Rama and Jason Mauray, received the Cornerstone Award.** This prestigious award from the Department of Workforce Services was given to each of them for implementing several changes that have dramatically improved the customer experience. Karen and Jason process hundreds of emails each month, as well as manage all certification renewals and recognitions, continuing education requests and support the certification system by scheduling and proctoring the interpreter certification exams. We couldn't be more proud of them and the changes they have made and the impact they have had.

UIP has also established its first Deliberate Practice Lab. This lab, facilitated by a staff member from UIP, gives interpreters the chance to practice a specific skill, make mistakes, and support others in an environment where trying new things is encouraged. After all, we learn just as much if not more from failure than we do from success. UIP will also learn from this first lab so that subsequent labs are even more beneficial.

## UIP STAFF:

Clay Anderson- Interpreter/Trainer  
Jason Mauray- Certification Specialist  
Karen Rama- Certification Specialist  
Kelly Bunting- Interpreter/Trainer (South)

Malena Bonny- CDI Interpreter  
Paul DeGraw- Interpreter/Trainer  
Stephanie Belshe- CDI Interpreter/Trainer  
Teresa Donaldson- Interpreter/Trainer  
Jes Nelson-Julander- UIP Manager

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1067 E. TABERNACLE, SUITE 10, ST. GEORGE, UTAH 84770  
435-216-9305 (VP) 435-652-2453 (VOICE)

*This information, presentation, class or other activity is provided at the Division of Services of the Deaf and Hard of Hearing for interested individuals. The Division of Services of the Deaf and Hard of Hearing staff encourages participants and individuals to consider all options and experiences and does not endorse or recommend this specific information, presentation, activity or any individual class, product or service.*

Equal Opportunity Employer/Program • Auxiliary aids (accommodations) and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.

